

Tomato Soup

Makes: 100 servings

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Ingredients	Weight	Measure
Oil, vegetable		1/2 cup
Onion, diced	4 lb	
Celery, diced	2 lb	
Carrot, diced	3.5 lb	
Garlic cloves, minced		1/4 cup
Spinach, stems removed, washed, roughly chopped	4 lb	
Tomatoes, canned, diced	12 lb	2 No. 10 cans
Chick peas, canned	8 lb	
Tomato sauce, low-sodium		4-48 oz cans
Vegetable broth, low-sodium		1 gal
Water		3/4 gal
Basil, dry leaves		2 1/2 Tbsp
Salt		1 Tbsp
Black pepper, ground		1 1/2 tsp
Parmesan cheese		

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	118	
Total Fat	2.8 g	
Protein	5.5 g	
Carbohydrates	20.2 g	
Dietary Fiber	4.36 g	
Saturated Fat	0.8 g	
Sodium	482.8 mg	

Directions

1. Heat oil in large stockpot.
2. Skin and dice onion. Sweat for 5 minutes over medium-high heat in steam jacketed kettle.
3. Add diced celery and diced carrots and sweat an additional 10 minutes.
4. Add minced garlic and chopped spinach and continue to simmer, covered, for 2 minutes.
5. Add diced tomatoes and chick peas and return to simmer.
6. Add tomato sauce, vegetable broth, and water. Heat thoroughly.
7. Finish soup with dry basil, salt, and pepper.
8. Portion soup with 6 oz ladle or $\frac{3}{4}$ cup per serving. Top with $\frac{1}{2}$ oz of parmesan cheese. CCP: Hold at or above 135°F before and during service.